

**Title: PROFESSOR ANA ASLAN AND THE SECRET OF LONGEVITY -
MAGIC, SCIENCE OR ART**

Authors: Prada Gabriel-Ioan^{1,2}, Băjenaru Ovidiu-Lucian^{1,2}, Chelu Gabriela Cristina^{1,2}, Badea Vlad Ionut¹, Moscu Sinziana Georgeta¹, Penes Nicolae-Ovidiu¹, Herghelegiu Anna Marie^{1,2}, Nuță Cătălina Raluca^{1,2}

Affiliation: 1.University of Medicine and Pharmacy "Carol Davila" Bucharest
2.National Institute of Gerontology and Geriatrics "Ana Aslan", Bucharest

Abstract

Professor Ana Aslan was an emblematic figure of Romanian medicine and also of the whole world. She had significant contributions to the development of medicine of old age, known as Geriatrics, and to another related field, Gerontology. Professor Aslan created the first institute of Gerontology and Geriatrics in the world. Moreover, she developed a therapeutic method designed to prevent several degenerative aspects that accompany advancing age including atherosclerosis, Alzheimer's disease, and also to alleviate depressive mood. One important contribution was the foundation of the National Institute of Gerontology and Geriatrics with a structure adapted to the specific requirements of a comprehensive approach for the problems of aging. This structure consisted of 3 main directions: basic research (the study of fundamental mechanisms of aging at cellular and subcellular levels), clinical aspects of aging (the phenomenon as it occurs in each person) and social gerontology (effects of aging on large population groups). Due to the last contribution, the World Health Organization awarded Professor Ana Aslan the Leon Bernard Prize and Medal. Moreover, due to her significant contributions to medicine in general and to geriatrics and gerontology in particular, Professor Aslan was admitted as a member of Romanian Academy. This year, 2024, we celebrate 50 years since the last event. Academician Ana Aslan, through her entire activity, represents a real model for all physicians and researchers. One might say that Academician Ana Aslan dedicated her whole life to the wellbeing of older people and to identifying methods of helping this disadvantaged age group.